

"All the news  
that we remember  
to print"

# Talking Heads

Community  
Working  
Together

Newsletter for Individuals with Traumatic Brain Injury In the Bay Area

Issue 33 • Sep.–Nov. 2005

## We Can't Do It Without You! The Brain Injury Awareness Games!

For those of you who weren't there last year, I want to tell you about Brain Injury Awareness Games, easily the Bay Area's most exciting brain injury-related event.

You won't want to miss the fun activities, the music, or the food. Besides, money raised at this event will go towards expanding public awareness, education, and local services for brain injury. This year the proceeds will go to Talking Heads, Services for Brain Injury (SBI), and the Head Injury Recreation Leisure Network (HIRLN). Did we mention Talking Heads? (that's where our printing and postage money comes from!)

Participants will have the opportunity to participate in a 5k walk and compete in a number of exciting lawn games. Competitors earn raffle tickets which give you a shot at a number of fun prizes. Music will be provided by Big Fun, and lunch will be served. Watch your mailboxes for a September mailing that includes more info and a registration form.

If you are interested in attending this year's Games, please call our RSVP number so we can get an estimate of how many to expect (and how many t-shirts to make). Please call 408-434-2277 extension 100. The big event takes place **October 1, 10:30 a.m.-1:30 p.m. at Lake Almaden Park in San Jose.**

Brain Injury Awareness Games updates will also be available at [www.tbimatters.org](http://www.tbimatters.org)



Warming up for the 5K walk, the participants formed an amazing conga line. Participants earn raffle tickets by participating in activities.



Dine *al fresco* with a lakeside view, courtesy of the Santa Clara County Firefighters Local 1165.



David S. Stearns, Jr. (right) being congratulated for bringing in the biggest contribution.

# Community Focus: Agencies You Should Know About

## Back on Track Mentoring for Vocational and Educational Outcomes

The "Back on Track" Community-Based Mentoring Program, is a one-on-one mentoring program for teens and young adults, ages 16 to 26, who have recently undergone rehabilitation for Traumatic Brain Injury (TBI), Spinal Cord Injury (SCI) or other disability and are ready to return to active living by going to college or getting a job. Our focus is to connect these individuals with the appropriate community resources and support they need to be successful. This program is a needed service for Bay Area youth and young adults with disabilities.

They are currently searching for volunteer mentors who have life experience working or going to college successfully and are interested in working with people who have recently acquired a brain injury, spinal cord injury or other disability. The ideal mentor is someone who has personal experience with TBI, SCI, or other disability, and/or students who are interested in rehabilitation, physical medicine, Social Work, OT, Speech Therapy, CTRS, etc.

Mentoring can be a rewarding and meaningful experience. Mentors will have the opportunity to share what they know to help someone else by creating opportunities for sharing experiences, building community contacts and helping to develop coping skills for navigating the vagaries of systems of care, and educational and employment institutions.

Mentors will receive a stipend of \$100 per month. In addition to being an incentive, the stipend can be used to compensate for the mentors' time and costs relating to community outings, travel, phone calls to mentee, etc. This is a great volunteer experience for resume building. Mentors should expect to make contact with their mentee by phone, email or in person about once a week. In addition to the program coordinator, there will be a vocational rehabilitation counselor and rehabilitation psychologist available to support the mentoring relationships.

We are currently inviting people 16-26 years of age, who have an acquired injury or disability to be matched with a mentor. Participants should be very interested in getting a job or going to college. Mentors will be trained to help you by sharing, listening, providing information on local resources and support. The program is free including program related assistance from the program Vocational Counselor and Rehabilitation Psychologist.

For more information please contact the program coordinator, **Beth Wilson** (408) 885-2397 or [beth.wilson@hhs.co.santa-clara.ca.us](mailto:beth.wilson@hhs.co.santa-clara.ca.us)

### Talking Heads Needs You!

Good! I'm glad you are reading this box. If anyone out there is interested in helping me with this project, feel free to contact me!

As always, Talking Heads welcomes your contributions. Be it a personal story, a resource we should know about, comments, criticisms, or just good jokes.

Hey! We're not kidding!  
Send any or all ideas to:  
[jerry.wright@hhs.sccgov.org](mailto:jerry.wright@hhs.sccgov.org)

Put criticisms on the back of a \$20 bill and mail to:  
Jerry Wright  
Editor/Talking Heads  
Rehabilitation Research Center  
Santa Clara Valley Medical Center  
751 South Bascom Ave.  
San Jose, CA 95128

## TransAccess Technology Training

TransAccess offers people with all kinds of disabling conditions a variety of services and training to assist them in building job skills as well as computer competencies. Specifically, TransAccess offers training in various kinds of adaptive technology through their computer access technology lab as well as career transition services.

These career transition services are as follows: 1) career workshops, where various employers come to TransAccess to give students and clients the most recent information on their company's hiring needs, industry trends, and to conduct mock interviews to prepare students and clients for actual employment interviews; 2) internships, where students and clients receive the opportunity to gain practical, on-the-job skills and experience with an employer; and 3) job placement through their School-To-Career program.

Through these services, students or clients learn valuable information and skills that will help them become gainfully employed after going to school such as how to write a resume tailored to a specific job, how to answer difficult interview questions, how to showcase their new found skills in adaptive technology that will be essential in any job they receive, and how to network with people who are already working within the job industry they are interested in.

1590 The Alameda, Suite 110  
San Jose, CA 95126  
(408) 278-20000  
<[www.transaccess.org](http://www.transaccess.org)>

*Please note: This newsletter is intended to be a resource for those interested in traumatic brain injuries. It does not represent an endorsement of the organizations represented nor an affirmation of the information contained therein. So there.*

# Bay Area Peer Support Groups and Agencies

## Alameda County

### East Bay Head Injury Peer Group

Rockridge Library  
5366 College Ave.  
Oakland, CA 94611  
Bi-weekly mtgs. at 6:30 p.m., Call  
Dr. Pamela Paradowski: 510-433-9955  
Do not call the library. Call for days.

### Eden Hospital Stroke Support Group

Eden Hospital (Castro Valley Rm.)  
20103 Lake Chabot Rd.  
Castro Valley, CA 94546  
4th Thursdays at 7 p.m. **Call to confirm meetings.** Call Sylvia Dawson or Liz Whittaker CCC: 510-889-5064 (Occupational Therapy)

### Stroke/Head Injury Support Group

Washington Hospital  
Anderson Auditorium C  
2500 Mowry Ave  
Fremont, CA 94538  
4th Thursdays at 4:30–6:30 p.m. except  
November & December  
Call Karen Benedetti/Sue Klingman at  
(510) 791-3450 for more info

### 3 Support Groups for Family/Friends

Alta Bates Summit Medical Center  
Herrick Campus  
2001 Dwight Way  
Berkeley, CA 94704  
2nd & 4th Thursdays at 6:30–8:00 p.m.  
Call Shirley Wheatland at  
(510) 204-2182 for more info

## San Francisco County

### Brainstorm

(Survivor Socialization Group)  
Janet Pomeroy Center  
207 Skyline Blvd.  
San Francisco, CA 94132  
Monday 10 a.m.–4 p.m.  
Tuesdays & Thursdays at 1–5 p.m.  
Family Support Group meets twice a  
year. **Call Terry Twitchell to confirm  
dates and fees:** 415-665-4100 x239

## San Francisco County (cont.)

### Head Injury Support Group

Independent Living Resource Center  
649 Mission St. 3rd Floor  
San Francisco, CA 94105  
Every Wednesday at 1–2:30 p.m.  
**Please call first.** Cheryl Price:  
415-543-6222 x183.

## San Mateo County

### Mid-Peninsula Brain Injury Support Group for Survivors & Caregivers

Located in Menlo Park.  
2nd & 4th Thurs. from 7–8:30 p.m.  
Call Bob and Marna Page at  
650-851-0925 or Leslie Marlowe at  
408-453-2966

## San Ramon

### Head Injury Support Group

San Ramon Regional Medical Center  
North Canyon Rd., Building 6001  
San Ramon, CA 94583  
4th Wednesdays from 7:30–9 p.m.  
**Call ahead to confirm dates.**  
Call JoAnn Swift 925-443-4366

## Santa Clara County

### Caregiver Spousal Support Group

Cypress Senior Center  
403 S. Cypress Ave.  
San Jose, CA 95117  
4th Tuesdays at 7–8:30 p.m.  
Call Penny Hogg PhD: 408-885-4446.

## Santa Clara County (cont.)

### Mild Traumatic Brain Injury Support Group

Cypress Senior Center  
403 S. Cypress Ave.  
San Jose, CA 95128  
2nd & 4th Tuesdays 7–8:30 p.m.  
Call Richard Patterson at  
408-793-6428.

### Peer Support Group

Silicon Valley Independent Living  
Center (SVILC)  
2306 Zanker Rd., San Jose, CA 95131  
Every Wednesday for men with dis-  
abilities. Fee may be required. Contact  
Russell Miller at 408-894-9041.

### Services for Brain Injury

Services for Brain Injury (SBI)  
2731 North First Street, Suite 100  
San Jose, CA 95134  
Call Tue. or Weds. for information &  
details. Dr. Dave Masucci: 408-434-  
2277 x102 or x108

### V.I.P. (Very Important Patient) Support Group

Classroom 2 at  
Santa Clara Valley Medical Center,  
751 S. Bascom Ave.  
San Jose, CA 95128  
4th Wednesdays 6:30–8 p.m.  
Call Richard Patterson at  
408-793-6428.

## Santa Cruz County

### Head Injury Survivors Group

Contact Thom Onan at the Central  
Coast Center for Independent Living  
at (831) 462-8720. Three New Options  
brain injury support groups each  
month. Call for info.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Talking Heads tip:</b> You are advised to call before attending a meeting.				<b>1</b> Brainstorm	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b>	<b>6</b> Brainstorm	<b>7</b> SF-Head Injury Group SVILC Men's Group	<b>8</b> Alta Bates Group Brainstorm Mid-Peninsula Grp	<b>9</b>	<b>10</b>
<b>11</b> Play Bocce with SBI <www.sbicares.org>	<b>12</b>	<b>13</b> Brainstorm MBI Group	<b>14</b> HIRLN: Bowling (408)251-4449 SF-Head Injury Group SVILC Men's Group	<b>15</b> Brainstorm	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b>	<b>20</b> Brainstorm	<b>21</b> Brain Matters SF-Head Injury Group SVILC Men's Group	<b>22</b> Alta Bates Group Brainstorm Eden Hospital Grp Mid-Peninsula Grp Salinas Valley Grp WA Hospital Group	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b> Brainstorm Caregiver Group MBI Group	<b>28</b> employmentAccess SF-Head Injury Grp San Ramon Group SVILC Men's Group VIP Group	<b>29</b> Brainstorm employmentAccess	<b>30</b>	

S E P T E M B E R 2 0 0 5



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Talking Heads tip:</b> You are advised to call before attending a meeting.</p>						<p><b>1</b> Brain Injury Awareness Games</p>
<b>2</b>	<b>3</b>	<p><b>4</b> Brainstorm</p>	<p><b>5</b> SF-Head Injury Group SVILC Men's Group</p>	<p><b>6</b> Brainstorm</p>	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b>	<p><b>11</b> Brainstorm MBI Group</p>	<p><b>12</b> SF-Head Injury Group SVILC Men's Group</p>	<p><b>13</b> Alta Bates Summit Group Brainstorm Mid-Peninsula Grp</p>	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b>	<p><b>18</b> Brainstorm</p>	<p><b>19</b> HIRLN: Improv (408) 251-4449 SF-Head Injury Grp SVILC Men's Grp</p>	<p><b>20</b> Brainstorm</p>	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b>	<p><b>25</b> Brainstorm Caregiver Group</p>	<p><b>26</b> San Ramon Group SF-Head Injury Grp. SVILC Men's Grp. VIP Group</p>	<p><b>27</b> Alta Bates Summit Group Brainstorm Eden Hospital Grp. Mid-Peninsula Grp. WA Hospital Grp.</p>	<b>28</b>	<b>29</b>
<b>30</b>	<b>31</b>	<p>MBI Group</p>				

OCTOBER 2005



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Talking Heads tip:</b> You are advised to call before attending a meeting.		<b>1</b> Brainstorm	<b>2</b> SF-Head Injury Group SVILC Men's Group	<b>3</b> Brainstorm	<b>4</b>	<b>5</b>
		<b>6</b>	<b>7</b>	<b>8</b> Brainstorm MBI Group	<b>9</b> SF-Head Injury Group SVILC Men's Group	<b>10</b> Alta Bates Summit Group Brainstorm Mid-Peninsula Grp
<b>13</b>	<b>14</b>	<b>15</b> Brainstorm	<b>16</b> SF-Head Injury Group SVILC Men's Group	<b>17</b> Brainstorm	<b>18</b> Abilities Expo	<b>19</b> Abilities Expo
<b>20</b> Abilities Expo	<b>21</b>	<b>22</b> Brainstorm Caregiver Group MBI Group	<b>23</b> San Ramon Group SF-Head Injury Grp SVILC Men's Group VIP Group	<b>24</b> Alta Bates Grp Brainstorm Eden Hospital Grp Mid-Peninsula Grp Salinas Valley Grp WA Hospital Grp	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b> Brainstorm	<b>30</b> SF-Head Injury Grp. SVILC Men's Grp.			

N  
O  
V  
E  
M  
B  
E  
R  
  
2  
0  
0  
5

# Event Minder: Things Going on in Your Community...

## Get Bowled Over

### Play Bocce with SBI (Services for Brain Injury)

SBI's 2nd annual bocce tournament includes bocce, a buffet lunch, and an opportunity to support SBI. Bring friends and family, form a team, and enjoy friendly competitive play! Or if you've never played before, receive group instruction and give it a try. They have the entire facility, so bring all of your friends.

**September 11**, 10:30am to 4pm at Campo di Bocce in Los Gatos.

For more information: [www.sbicares.org](http://www.sbicares.org)

## Taking Care of Yourself

### Brain Matters Community Education Series

The next Brain Matters presentation, titled "Taking Care of Yourself" will feature presentations on nutrition, adapted physical education, and recreation. It will take place **September 21 5:30-8:30pm** at Cypress Senior Center in San Jose. Cost, as always, is free! For more information or to RSVP call (408) 793-6440 (Lois) or

[www.tbimatters.org](http://www.tbimatters.org)

## employmentAccess 2005

### A Local Conference Dealing with Vocational Issues

employmentAccess 2005 (eA'05) is a national conference that unites persons with disabilities, employers, educators, rehabilitation specialists, technical developers and manufacturers in more than 20 sessions on topics such as access technology for the workplace, ergonomics, and integrating persons with disabilities into the workforce.

This year's conference will be held on **September 28-29, 2005**, at the Microsoft Conference Center in Mountain View, California. Cost is \$35 for both days.

For more information or to register: [www.employmentaccess.org](http://www.employmentaccess.org)

## Don't Miss This HIRLN Activity!

### Night at the Improv! October 19, 2005

It's time to laugh until you stop. The Head Injury Recreation Leisure network is presenting a night at the comedy Improv. Contact Dan Greeley for more information: (408) 251-4449.

## Northern California Abilities Expo

### Products, Services, and Workshops! Oh my!

The Abilities Expo is an annual fair that brings together vendors and persons with disabilities and their families to showcase the latest in independent and assisted living products and services. The Expo will present three full days of education workshops for consumers, families/caregivers, and healthcare and education professionals. The goal of the Abilities Expo is to provide relevant and useful information to consumers, parents and professionals to help improve quality of life for people with disabilities, and the professionals who serve them.

The Northern California Abilities Expo takes place **November 18-20** at the Santa Clara Convention Center, Santa Clara, CA.

For more information: [www.abilitiesexpo.com](http://www.abilitiesexpo.com)

If your event isn't listed here, and you would like it to be, please email Talking Heads at [jerry.wright@hhs.sccgov.org](mailto:jerry.wright@hhs.sccgov.org) with your event information (meeting place, times, cost, etc.)

## BrainWaves

### TBI Resources on the Internet!

- **Government Resources Online**  
[DisabilityInfo.gov](http://DisabilityInfo.gov)

This site provides access to disability-related information and programs available across the government on numerous subjects, including civil rights, community life, education, employment, housing, health, income support, technology and transportation.

This site is the result of President George W. Bush's *New Freedom Initiative*, which directed federal agencies to build a one stop inter-agency portal for people with disabilities, their families, employers, service providers, and community members.

An amazing resource.  
Check it out!

*Please note: This newsletter is intended to be a resource for those interested in traumatic brain injuries (TBI). It does not represent an endorsement of the organizations represented nor an affirmation of the information contained therein. So there.*

# Talking Heads

## Issue 33 • In a Flash

- 1 Brain Injury Awareness Games
- 2 Community Focus
- 3 Support Group Information
- 4 Calendars
- 7 BrainWaves
- 7 Event Minder

Available online at:  
[www.tbimatters.org](http://www.tbimatters.org)

**Talking Heads** is a collaborative publication with the following agencies:

- City of San Jose Office of Therapeutic Services
- Rehabilitation Research Center for TBI & SCI
- Services for Brain Injury

If you would like to receive **Talking Heads**, or would like to submit articles, please call Jerry Wright at (408) 793-6430 or email: [jerry.wright@hhs.sccgov.org](mailto:jerry.wright@hhs.sccgov.org)

**Talking Heads** is partially funded by NIDRR grants H133A020524 and H133N000007. However, the contents do not necessarily represent the policy of the Department of Education, and you should not assume endorsement by the Federal government.

Address Service Requested

NONPROFIT ORG  
U.S. Postage  
PAID  
Permit #920  
Campbell, CA

Talking Heads  
751 South Bascom Avenue  
San Jose, CA 95128